



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ISAAC BEACORN PERSONAL TRAINER

Isaac grew up at the Athens YMCA attending afterschool programs and summer camp. Those early experiences sparked a lifelong passion for movement, athletic development and helping others feel confident in their bodies.

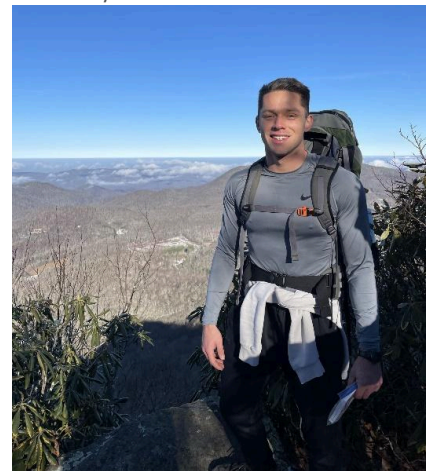
Isaac holds a Master of Arts in Teaching in Kinesiology/Physical Education, is certified through ACE (American Council on Exercise) and completed both the ACE Sports Performance Specialist and ACE Sports Nutrition Specialist programs. He is also CPR/AED certified.

Isaac grew up playing many sports and that discipline fuels his coaching today. Isaac can help you master proper technique, understand effective training methods, and follow a personalized program built around your goals, interests, and experience level.

He continues to train and compete, having completed sprint and Olympic-distance triathlons, half-marathons, a marathon, and various recreational leagues including flag football, volleyball, and basketball. He understands what it takes to balance training with real life and how to make fitness both challenging and enjoyable.

When he's not at the YMCA, you'll find Isaac outside playing sports, exploring the outdoors, reading, or spending time with family and friends. Whether you're brand-new to exercise or looking to elevate your athletic performance, he's eager to support you every step of the way.

Taking the first step can feel intimidating, but Isaac is here to guide you with patience, encouragement, and a plan that fits your life.



Contact Information:

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